



Holiday Package Cookies

READY IN



105 min.

SERVINGS



36

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup butter softened
- ☐ 36 chocolate rectangular
- ☐ 1 eggs
- ☐ 2.5 cups flour all-purpose gold medal®
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 1 cup sugar

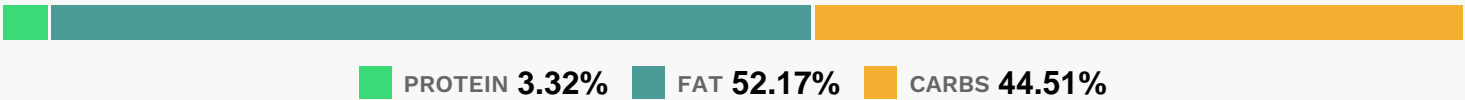
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ In large bowl, beat sugar, butter, shortening and egg with electric mixer on medium speed, or mix with spoon. Stir in flour, baking powder and salt. Cover and refrigerate about 1 hour or until firm.
- ☐ Heat oven to 400° F.
- ☐ Roll half of dough into 13x9-inch rectangle on lightly floured surface.
- ☐ Place mints on dough, forming 6 uniform rows of
- ☐ Roll remaining dough into 13x9-inch rectangle on floured waxed paper.
- ☐ Place over mint-covered dough.
- ☐ Cut dough between mints with pastry wheel or knife; press edges of each "package" with fingers or fork to seal.
- ☐ Place 2 inches apart on ungreased cookie sheet.
- ☐ Bake 7 to 9 minutes or until light brown.
- ☐ Remove from cookie sheet to wire rack. Cool completely. Decorate tops of each package with icings to form ribbon and bow.

Nutrition Facts



Properties

Glycemic Index:7.77, Glycemic Load:15.25, Inflammation Score:-2, Nutrition Score:3.9186956348788%

Nutrients (% of daily need)

Calories: 244.59kcal (12.23%), Fat: 15.18g (23.35%), Saturated Fat: 6.91g (43.2%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 27.36g (9.95%), Sugar: 19.99g (22.21%), Cholesterol: 4.55mg (1.52%), Sodium: 64.22mg (2.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.48mg (6.16%), Protein: 2.17g (4.34%), Manganese: 0.2mg (9.91%), Copper: 0.17mg (8.73%), Magnesium: 33.82mg (8.46%), Fiber: 1.77g (7.1%), Vitamin B2: 0.12mg (6.93%), Iron: 1.21mg (6.75%), Selenium: 4.14µg (5.91%), Phosphorus: 56.11mg (5.61%), Vitamin B1: 0.08mg (5.01%), Folate: 17.33µg (4.33%), Vitamin B3: 0.7mg (3.51%), Zinc: 0.5mg (3.31%), Vitamin K: 3.31µg (3.15%), Potassium: 93.64mg (2.68%), Vitamin E: 0.36mg (2.42%), Vitamin A: 119.37IU (2.39%), Calcium: 16.28mg (1.63%)